

Working the Wires on Bayshore Boulevard



Overhead contact system work for the Third Street Light Rail continued on Bayshore Boulevard between Tunnel and Sunnydale avenues. Meanwhile, station platform work continues on Bayshore Boulevard at Blanken and Sunnydale avenues and track installation continues on Bayshore Boulevard between Hester Street and Sunnydale Avenue. New traffic signals became operational at the end of April. Track installation should be expected to be completed in May.

City Hall Rally to Save Parks in San Francisco

The Neighborhood Parks Council (NPC) and coalition park groups will hold a joint rally and press conference on Wednesday, May 5 on the steps of City Hall at 3 p.m. to bring attention to proposed Recreation and Park cuts in General Fund contributions in three years – a more dramatic cut than any other department. The City budget will be approved July 1 by the Mayor and the Board of Supervisors.

At the start of the current fiscal year, Rec and Park estimated they were 150 gardeners short of staff to maintain the City's parks, not including additional custodians, carpenters, plumbers and electricians needed to repair irrigation, fences, benches, signs and facilities. The 2004 budget calls for cutting 121 more staffing positions.

At least seven park and playground renovation projects have been cut from the Rec and Park Capital Plan with some of the improvement projects already having actively engaged community organization.

Neighbors Concerned with Crime During Mayor's Town Hall Meeting

Hundreds of neighborhood residents packed the Visitacion Valley Elementary School auditorium on Apr. 24 to voice their concerns during a Saturday morning town hall meeting with Mayor Gavin Newsom, his fourth visit to the area in the last month.

With increased violence having recently plagued the City's southeast section, including the recent killing of a San Francisco police officer, many in attendance wanted to know what could be done to ensure a safer community. There were also requests for more daycare and preschool classes, along with ever-present fears of cuts to existing services due to a looming budget deficit in the City's next fiscal year.

Several drawings depicting gun violence were given to the Mayor from Kindergarten students at El Dorado Elementary School on Delta Street. Living in the Sunnydale housing complex, the students were asked to draw what they considered daily events in their neighborhood.

Mayor Newsom acknowledged that many persons responsible for recent criminal activity in and

around Sunnydale had yet to be apprehended because witnesses wouldn't divulge information for fear of retaliation.

Newsom announced that 16 more police officers – including four for Sunnydale – would be patrolling the City's problematic housing developments beginning that day, with an additional 10 officers shifted from other stations to the troubled Bayview Police District where Officer Isaac Espinoza was killed Apr. 10.

New officers patrolling Sunnydale will be getting to know neighborhood leaders and residents in hopes of building better community relations. And Newsom promised to provide protection for crime witnesses who do come forward, even volunteering his own home as a sanctuary.

"Help me help the community by telling the people out here," said Newsom, who conveyed that community involvement, education and job training are essential for neighborhood improvement. "You matter, we care and we will do things differently."

Lowest Recycling Disposal in City Since 1995

It is clear that recycling is part of life in San Francisco, with new statistics showing that the city kept 63 percent of all wastestream materials from going to the landfill, up from 52 percent the year before. Recycling improved in many areas, with aggressive recycling and reuse of materials at construction and demolition sites accounting for the majority of the increase, and core residential and commercial programs delivering about three new percentage points.

The figures for calendar year 2002, which the City's Environment Department (SF Environment) just filed with the California Integrated Waste Management Board, show that San Francisco generated 1,882,490 tons of waste material in 2002. Of this 702,012 tons went to landfill while 1,180,478 tons were diverted through recycling, composting, reuse, source reduction and other efforts. This is San Francisco's lowest disposal tonnage since 1995.

"San Francisco's commitment to recycling is truly remarkable," said Mayor Gavin Newsom, "and thanks to the hard work of businesses, residents, Norcal, and our Environment Department, we can celebrate a victory for the environment." However, the Mayor enjoined, "if we are going to maintain these numbers and make our goal of 75 percent by 2010, we'll need to support mandatory recycling as well as hold manufacturers accountable for the environmental impacts of their products and packaging."

The single largest area of improvement came in construction and demolition debris recovery. A full six percent of the tonnage collected in 2002 came from a single one-time-only source: the demolition of the Letterman Hospital in the Presidio, a remarkable project that processed 122,000 tons of concrete for recycling including reusing half of the material for construction on-site.

"Recycling is tied directly to the economy, so the more construction we have going on the more tonnage we can expect to recycle," observed SF Environment Director Jared Blumenfeld. "If construction goes down we may see a drop in our recycling numbers next year, but the important thing is to keep our core recycling and composting programs moving in the right direction, as well as capture everything available in the construction realm."

San Franciscans are using the composting collection program for food scraps and yard trimmings, with about 60,000 tons collected in 2002, double that of 2001.

Rather than disposing of sand that blew onto the Great Highway, the Department of Public Works started using this sand to fill erosion hotspots on Ocean Beach. This added nearly one percentage point of waste diversion. "DPW is always looking for innovative ways to increase San Francisco's recycling efforts, from diverting debris from roadway construction projects from the landfill," said Edwin Lee, Director of Public Works.

Study Shows Risk of Isolation for Older Americans Growing

WASHINGTON, DC - A new study shows that more than half of all non-drivers age 65 and over stay at home on a given day, many because of limited transportation options. This trend is particularly troublesome as the baby boom generation of Americans grows older.

Aging Americans: Stranded Without Options, released Apr. 14 by the Surface Transportation Policy Project, in collaboration with AARP, concludes that as Americans grow older, our existing transportation network is unable to meet the needs of the nation's aging population particularly as they become less willing and able to drive.

"We must move aggressively to implement a balanced, multi-modal transportation system, supported by mixed use development," said STPP President Anne Canby.

The report also finds that isolation of non-drivers affects the rural aging population disproportionately. Older people who live in sparsely populated geographical areas have fewer transportation options, such as regular transit services, than those living in denser geographic areas.

"Today more than three and a half million Americans age 65 and older risk isolation simply because they don't drive," said AARP Board Member Byron Thames. "Their numbers will explode after

2025 when boomers enter their 60s, 70s, and 80s. Federal, state and local policy makers must start now to plan for the time when Americans who grew up in cars put down their keys for good."

Many older Americans do not have options other than driving. Less than one half the population has adequate public transportation available to them. Walking is often difficult or unsafe and not an alternative. Americans age 65 and older make only 8 percent of their trips by walking. Street safety is cited as a major problem. In a recent STPP poll, 42 percent of Americans reported that dangerous intersections make crossing the street difficult where they live.

"Improving access to public transportation is the best way to lessen the pattern of isolation and provide older Americans with transportation choices," said American Public Transportation Association (APTA) President William W. Millar. "Increased federal investment in public transportation can help communities meet the growing needs of our aging population for generations to come."

Among information compiled in the report: "More than one in five Americans age 65 and older do not drive." More than 50 percent of non-drivers age 65 and older, or 3.6 million Americans, stay home on any given day because they lack

transportation options. "For many non-drivers, public transportation is the only alternative to asking for a ride." In too many places, public transportation is still not a practical option for older people.

The report recommends providing more public transportation options; increasing funding and flexibility for existing programs to serve older people.

Based on new analysis of the National Household Transportation Survey of 2001, *Aging Americans: Stranded Without Options* can be viewed at www.transact.org.

Gasoline Prices Rise To New Highs in State

There may be no end in sight for high fuel prices, warns a new study from AAA of Northern California.

The average price of a gallon of regular unleaded gas in California has jumped by more than 50 cents in 2004, from \$1.70 in mid-January to \$2.21 in recent weeks.

"This probably won't be the last record high price set this summer," cautions Sean Comey, spokesman for AAA of Northern California. "There's such a precarious balance between supply and demand for fuel, it wouldn't take much to trigger another round of price hikes."

The U.S. Department of Energy reports that fuel stockpiles are chronically low, amplifying the impact of unexpected production problems. Demand for gasoline is also on the rise.

Every California community tracked by AAA has passed the \$2 gallon threshold. The statewide average price per gallon has increased by five cents a gallon since the last AAA monthly survey on March 16. Some communities are paying more than the statewide average. In San Francisco, drivers pay an average of \$2.30 per gallon. Chico has the lowest priced gasoline in Northern California at \$2.10.

"Pump prices vary a lot from one gas station to another, so it's worth paying attention to the posted prices," said Comey. "The gas station with the best deal today could be one of the most expensive the next time you need to fill up. If you keep track of the posted prices, you'll know where to go when your fuel gauge is on empty."

Judgement Against Illegal Tow Operation

District Attorney Kamala Harris on Apr. 1 announced a judgement against a San Francisco towing company, Brickers' D & D Tow Service, Inc. for past illegal towing practices.

The judgement awarded each of

14 victims who testified from \$150 to \$200. In addition, Brickers was ordered to pay \$210,000 to the City.

The action stemmed from a pattern of illegal tows perpetrated by the tow company in late 2001 and early 2002 at Burger King and Taco Bell restaurant parking lots near the intersection of Mission and Valencia streets. It was alleged that Brickers participated in a scheme to tow vehicles that were legally parked at the restaurants in order to collect towing and storage fees from the vehicles' owners.

According to the complaint, the company failed to obtain proper authorizations for the tows, many of which occurred after the restaurants were closed, and also refused to accept credit cards or personal checks in payment of towing and storage charges.

Planning Alliance Meeting in May

Visitacion Valley Planning Alliance, which meets on the second Saturday of each month, will have its next meeting on May 8 from 10 a.m. to 12 noon at the Visitacion Valley Community Center gymnasium at 66 Raymond Ave.

A Greenway Project work party is also scheduled for Saturday, May 22 from 9 a.m. to 1 p.m. with participants meeting at Hans Schiller Plaza on Leland Avenue at Peabody Street.

Curtain Call for VVCC Senior Director



After nearly 20 years as director of the Visitacion Valley Community Center Senior Program, Pat Crocker announced she would be leaving her post on Apr. 17 due to health. Since her start at VVCC on a rainy summer day in August 1984, many have known and loved her as the heart of the Senior Center. A tough act to follow, Pat will be sorely missed.

Grapevine Mailbox

No More Lies

Dear Editor:

I'm an everyday citizen of this country, and I am personally tired of being lied to by the Bush Administration. The lies began when they stole the election of 2000, by scrubbing the Florida voter rolls of 75,000 eligible voters.

The lies continued after 9/11, when they blatantly hid critical evidence and used the events to further a questionable war agenda in Iraq, in search of weapons that simply never existed. And has this war truly made the world a safer place?

The lies persist today, as our President perpetuates a state of fear to keep serve the business interests of contractors rebuilding Iraq.

Americans are patriotic people. We know that our government can't be perfect, especially in these challenging times. But we are also intelligent people. And we can only take so much deception and international embarrassment to realize that a change is in order. Four years is enough for Bush.

Sincerely,
Marc Fortier, San Francisco

Organic Gardening Classes in May

**Composting with Worms, Saturday, May 1, 10 a.m.-12 noon.* Turn your kitchen scraps into rich soil for your plants. Learn how to let worms eat your garbage. Garden for the Environment, 7th Ave. at Lawton St. Free!

**Trellis-Building, Saturday, May 1, 10 a.m.-1 p.m.* Make the most of vertical space in small, urban gardens while helping your sweet peas, scarlet runner beans, and tomatoes reach the sky. Build creative trellises that are sturdy as well as beautiful. \$15, no one turned away for lack of funds. Garden for the Environment, 7th Ave. at Lawton Street. Please call 415-731-5627 to pre-register.

**Create your own Mushroom Garden, Saturday, May 8, 10 a.m.-1 p.m.* Learn to grow delicious culinary mushrooms as well as medicinal mushrooms in your own backyard. Ken Litchfield of the S.F. Mycological Society will lead this unique workshop on the benefits of fungus from your garden to your kitchen. \$15, no one turned away for lack of funds. Garden for the Environment, 7th Ave. at Lawton Street. Please call 415-731-5627 to pre-register.

**Naturescaping-Wildlife Gardening in the City, Saturday, May 22, 10 a.m.-1 p.m.* No garden is complete without skydiving hummingbirds and boisterous honeybees. Explore how to cultivate backyard biodiversity. Using plants that attract beneficial creatures from birds to butterflies, you can create a vibrant, urban eden. Garden for the Environment, 7th Ave. at Lawton St. \$15, no one turned away for lack of funds. Please call 415-731-5627 to pre-register.

VVJET Graduation

Visitation Valley Jobs, Education and Training (VVJET) held a noontime graduation on Apr. 23 for its Construction Orientation Program. The ceremony was held at the organization's headquarters at The Village community center at 333 Schwerin St.

GRAPEVINE
VISITACION VALLEY

Published monthly by Visitation Valley Community Center, 50 Raymond Ave., San Francisco, CA 94134, (415) 467-9300; Fax: 467-3757; visvalley@earthlink.net Web: <http://home.earthlink.net/~visvalley> Editor: Len Applano

Accounts: Florence Pewtherer
Visitation Valley Grapevine, named by Pat Crocker, is a Registered California Trademark of Visitation Valley Community Center.

Executive Director: Julia A. Kavanagh
Opinions expressed in the Grapevine are not necessarily those of VVCC.
Copyright 2004 VVCC. All rights reserved.

San Francisco and Earthquake Preparation

by Leland Y. Yee, Ph.D.
Assembly Speaker pro Tempore

The San Francisco Bay Area is crisscrossed by numerous small and large earthquake faults. Surprisingly, many Californians do not consider themselves at risk unless they live on or near the line of a well-known fault, such as the San Andreas or Hayward faults. This misconception leaves millions of Californians unprepared for an earthquake. In 1989, the magnitude 6.9 Loma Prieta quake killed more than 40 people but was centered approximately 50 miles south of San Francisco.

New faults continue to be discovered. One was recently identified running throughout eastern California, and hundreds more remain hidden beneath California's landscape. Earthquakes often occur along these undiscovered faults, but since they do not rupture the earth's surface, we are not aware of them until a large aboveground earthquake occurs.

In the last 35 years, California has experienced a number of earthquakes of 6.5 or greater in magnitude, many of which occurred on previously unidentified faults. San Fernando's 6.5 temblor in 1971 and the 6.7 Coalinga quake in 1983 caused significant damage, and both earthquakes occurred on unknown faults. Last December, a 6.5 magnitude earthquake centered near San Simeon caused major damage in Paso Robles.

Despite all our advances in science and technology, accurate earthquake prediction continues to elude us. But since the Loma Prieta temblor, scientists have gained some new insights into Bay region earthquakes, providing a better basis for determining future quake probabilities. In fact, according to the U.S. Geological Survey, there is a 62 percent chance of at least one magnitude 6.7 or greater earthquake striking the San Francisco Bay region between 2003 and 2032. In addition, residents living near the Pacific coast in San Mateo, Santa Cruz, and Monterey Counties between the San Andreas and San Gregorio faults are also at risk. These two faults have a combined 34 percent chance of producing one or more quakes of magnitude 6.7 or greater before 2032.

The history of the City of San Francisco itself is defined by "the quake" of 1906—the anniversary of which was commemorated on April 18. The most important lesson we can learn from the state's history and likely future, is that Bay Area residents should prepare for earthquakes. Today, buildings and houses are built according to

stringent seismic safety standards. However, there are still many steps we should take to protect ourselves and our property in the event of an earthquake:

• Learn and practice the duck, cover, and hold earthquake safety action. By knowing how to duck, cover, and hold—under a table or desk, or against an interior wall—risk of injury can be reduced.

• Prepare a 72-hour emergency kit that includes food, water, first-aid supplies, a battery-operated radio, and a flashlight. This is a good idea for any disaster.

• Make sure your house is bolted to its foundation, and have your chimneys, roofs, and walls checked for stability.

• Secure your water heater and major appliances as well as tall, heavy furniture, mirrors, bookcases, computers and computer equipment, and picture frames.

• Know the safe spots such as under a sturdy table or desk, or against interior walls in each room or office.

To contact my office for a free *California Earthquake Preparedness Guide* please call (415) 557-2312 or write to: Speaker pro Tempore Leland Yee, 455 Golden Gate Avenue, Suite 14600, San Francisco, CA 94102.

For more information on earthquake safety, please visit the Association of Bay Area Government's Earthquake Maps and Information web site at <http://quake.abag.ca.gov/>.

AAA Says Average Driving Cost is 56.2 Cents Per Mile for 2004

The average cost of driving a new passenger car in 2004 is 56.2 cents per mile or \$8,431 per year, AAA's annual *Your Driving Costs* study shows. AAA has reported on the average estimated cost of owning and operating a new car each year since 1950.

This year, AAA has revised its methodology for calculating driving costs to better reflect the average AAA member's use of a vehicle over five years and 75,000 miles of ownership.

The largest component of vehicle cost is vehicle depreciation. AAA estimates the average new car will depreciate \$3,782 per year of ownership. The second biggest expense is full insurance coverage estimated to average \$1,603 per year. Routine maintenance—including the manufacturer's recommended maintenance operations and tire expense—is estimated to cost \$915 per year.

The cost of fuel is the fourth largest expense incurred by vehicle owners. AAA estimates vehicle owners will pay about \$975 per year for fuel. AAA calculates typical finance charges are \$741 per year based on a 5 year loan at 6

High-Tech Job Flight Threatens National Security And Prosperity

by Alan Tonelson

The dramatically quickening flight overseas of high-tech and professional jobs represents the ultimate betrayal of American workers by current U.S. trade and globalization policies. At risk are Americans' future livelihoods, our country's world technological leadership, and thus our national security.

During the 1990s tech boom, globalization supporters confidently made a promise to Americans: If they seized new opportunities to retrain and re-skill themselves, they could stay ahead of global competition and easily move from vanishing smokestack manufacturing to the better paying "industries of the future."

Yet in the next decade, literally millions of jobs in fields ranging from software engineering to financial analysis to accounting and even government record processing are likely to move to low-wage countries like India. And the technological know-how to make the world's most advanced products—including weapons—will move with them.

Even during the tech boom, the globalizers' promise rang hollow. For example, though growing rapidly, the total number of technology and professional jobs remained meager. And existing retraining programs had a dismal

record. The globalizing of the choicest occupations, however, shows that even overcoming these obstacles won't bring economic security. It also discourages young Americans from studying science and technology and refilling our national talent pool.

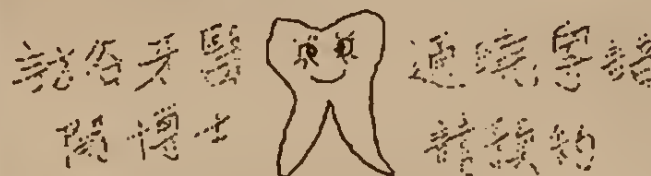
High-tech and professional job flight is often defended as a natural outcome of economic evolution. Yet it usually stems from specific U.S. trade policies that encourage American companies to supply the U.S. market from penny-wage labor countries. Indeed, once blue-collar manufacturing production work was offshored during 1980s and 1990s, manufacturing's white-collar jobs were sure to follow once technology permitted. After all, why keep these functions thousands of miles apart? Numerous service providers can duplicate this business model, too.

But if trade policies have promoted these practices, then trade policies can end them. Washington must encourage U.S. manufacturing and service companies to supply the U.S. market from facilities at home. Our technology future and all its economic and security benefits can only be Made in America.

Mr. Tonelson is a Research Fellow at the U.S. Business and Industry Council Educational Foundation, and author of the recent globalization study, The Race to the Bottom. NAPS

VISITACION VALLEY
DENTAL OFFICE

Albert Kuan, D.D.S.



10 Percent Senior Discount

37 Leland Avenue
San Francisco, CA 94134Monday thru Friday: 9 a.m. to 5 p.m.
Closed on ThursdayPhone 239-5500
for an appointment

Cantonese Spoken

Visitation Valley
Community Center
Senior Program

Funded by S.F. Department of Aging & Adult Services

Open 365 Days a Year
Lunch Served Every Day

Senior Bingo - Holiday Crafts
Senior Council - Day Outings
Exercise - Gambling Trips
Ceramics - Potlucks
Mahjong - Blood Pressure
Birthday Parties
Holiday Celebrations

66 Raymond Avenue 467-4499

ST. JAMES PRESBYTERIAN CHURCH

240 Leland Ave., San Francisco, CA 94134
The Rev. Dr. Jerry O. Resus, Minister

Church School Classes: 9:15 a.m.
Sunday Worship Service: 10:30 a.m.
Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

You are cordially welcome to join us for study, worship,
fellowship and service. We seek to teach the Bible and to
lift up Jesus Christ so He can draw all persons to Himself.

Come to Church This Week

Micro-Minute by Mrs. Food



For a quick breakfast, lunch or even dinner, an egg cooked in the microwave is real "fast food"! Never microwave a whole egg in its shell. Instead, crack the egg into a microwave-safe dish and, before cooking, break the egg yolk membrane with a toothpick or knife. This will allow steam to escape.

Since egg yolks have more fat in them than the whites, yolks cook faster. And like many foods cooked in the microwave, eggs need standing time to allow the whites to catch up to the yolks. Let eggs sit for about a minute after cooking, then serve.

Check out how quickly you can make these scrambled eggs (especially good for busy weekday mornings): Melt a small amount of butter in a microwave-safe dish. Pour a beaten egg into the melted butter, cover, and microwave for 45 seconds to 1 minute. Let stand for 1 minute, and serve.

Always "put a lid on it!" To enjoy evenly microwaved eggs, simply use plastic wrap or waxed paper to cover the dish you are microwaving in; this helps contain splatters, too.

Need a quick hard-cooked egg to use as a garnish or to chop into egg salad? Simply spray a small microwave-safe dish, like a custard cup, with nonstick cooking spray. Crack an egg into the dish, and pierce the yolk membrane. Cover and microwave on medium power for 45 seconds. Check the egg, and continue cooking on medium power for 15-second intervals until the egg is solid. You'll have a hard-cooked egg made in the microwave long before the water would even start to boil on the stovetop!

So what are you waiting for? It's time to get crackin' on quick and easy microwave ways to all the... "OOH IT'S SO GOOD!!!"

Grab-'n'-Go Egg Sandwich

"If you're always on the go and need a quick get-you-going breakfast before heading out the door, this one sure takes less time than sitting in the fast-food drive-through lane."

1 egg; salt to taste, optional; pepper to taste, optional; 2 tablespoons shredded cheddar cheese; 1 English muffin or bagel, split.

1. Coat a microwave-safe 2-cup measuring cup or a small round microwave-safe container with nonstick cooking spray.

2. Break the egg into the cup, sprinkle with salt and pepper, if desired, and scramble; stir in the cheese.

3. Microwave at 100 percent power for 1 minute, or just until set.

4. Meanwhile, toast the English muffin or bagel. Place the cooked egg on the bottom half of the English muffin or bagel; top, and serve.

Unlimited Options: For a heartier egg sandwich, mix in chunks of cooked ham or brown 'n' serve breakfast sausage, or maybe a sprinkle of bacon bits. Wanna go lighter? Switch it up with a healthy egg substitute (fresh or frozen). Remember: 1/4 cup egg substitute equals one egg.

Mean & Lean Sausage Scramble (4 servings) "Who says eggs are just for breakfast? This dish is just as good for dinner, paired up with a tossed salad."

1/4 pound bulk Italian turkey or pork sausage; 1 can (8.75 ounces) whole-kernel corn, drained;

2 scallions, thinly sliced; 5 eggs; 1/3 cup fat-free (skim) milk; 1/4 teaspoon salt; 1/4 teaspoon black pepper.

1. Place 2 paper towels in a microwave-safe 9-inch pie plate. Crumble sausage onto the paper towels then cover with an additional paper towel.

2. Microwave the sausage at 90

percent power for 2 minutes. Remove the paper towels then stir in the corn and scallions; spread the mixture evenly over the bottom of the plate. Microwave at 90 percent power for 1 minute.

3. In a medium bowl, beat the eggs, milk, salt, and pepper until well combined. Pour over the sausage mixture. Cover with plastic wrap and microwave at 90 percent power for 2 minutes. Stir, moving the cooked mixture toward the center of the dish. Cover and microwave at 90 percent power for 2 more minutes.

4. Let stand, covered, for 1 to 2 minutes, or until the eggs are set. Cut into wedges and serve.

Jazz It Up: Add some shredded Cheddar, Muenster, or a favorite cheese blend to the mix.

French-style Eggs Benedict

(2 to 4 servings) "Such a fancy dish in so little time!"

2 English muffins, split and toasted; 4 thick slices Canadian bacon; 4 eggs; Quick Bearnaise Sauce (see below).

1. Place muffin halves on a paper towel-lined microwave-safe plate. Top each with a slice of Canadian bacon. Cook uncovered at 50 percent power for 1-1/2 to 2 minutes, until the meat is hot. Transfer the muffins to serving plates and cover to keep warm.

2. Crack each egg into a small custard cup set on a microwave-safe saucer or plate. Pierce the yolks several times with a toothpick. Cover each with a microwave-safe saucer or plastic wrap. Arrange the cups in a circle in the microwave oven. Cook at 50 percent power for 2 to 2-1/2 minutes, until the whites appear set.

3. Gently slide a poached egg onto each piece of meat. Spoon Quick Bearnaise Sauce over the top, and serve immediately.

Quick Bearnaise Sauce: 1/4 cup (1/2 stick) butter; 2 egg yolks; 2 teaspoons fresh lemon juice; 1/4 teaspoon dried tarragon; 1/8 teaspoon salt

1. In a small microwave-safe bowl, heat the butter at 90 percent power for 40 seconds, until melted.

2. In another small microwave-safe bowl, beat the egg yolks, lemon juice, tarragon, and salt until thick. Slowly pour in the melted butter, whisking well. Microwave uncovered at 40 per-

cent power for 30 seconds, stirring halfway through the cooking time.

Dilly Egg Salad (2 servings) "You'll never make traditional egg salad again once you taste this one that's ready in just a few minutes!"

6 eggs; 1/3 cup mayonnaise; 1 teaspoon Dijon mustard; 1/4 tea-

spoon salt; 1/8 teaspoon black pepper; 1 tablespoon chopped fresh dill

1. Break the eggs into a microwave-safe shallow dish; mix just until the yolks and whites combine.

2. Microwave at 100 percent power for about 2 minutes, or until the eggs start to set around the

edges. Push the edges to the center; repeat at 1-minute intervals until the eggs are just set.

3. Allow to cool then chop finely. Add the mayonnaise, mustard, salt, pepper, and dill; mix well. Serve, or cover and chill until ready to serve.

VISITACION VALLEY GRAPEVINE - MAY 2004 - 3

Discounts, Discounts & More Discounts!

Be A

MODEL!

Or Just Look Like One...

Salon Models Wanted!

For More Information Contact:

Body, Soul & Spirit Salon

222 Leland Avenue

415.333.7261

www.bodysoulandspiritsalon.com

Discounts, Discounts & More Discounts!



2177 Bayshore Blvd.
at the corner of Blanken

(415) 330-0736
Fax (415) 330-9813

Open from
10 a.m. to 8 p.m.
Tuesday-Saturday

"Convection cooking separates the fire from the meat creating the true flavor of our smoky meats which can't be found anywhere else in San Francisco."

For a Unique Culinary Experience,
Try One of Our Delectable Bargain
"Light Rail Construction" Specials
Posted Daily on the Front Window.
You'll Want to Come Back for More!

*BBQ

*Sandwiches

*Seafood

*Appetizers

*Party Platters

*Desserts



Book Reviews

In Praise of Mom

A new book can be an inspiration to anyone who's ever been—or had—a mother.

Mom The Woman Who Made Oatmeal Stick To My Ribs by New York Times best-selling author James Michael Pratt (Shadow Mountain, \$15.95), pays tribute to those unsung heroines.

Pratt's nostalgic reflections on his own upbringing half a century ago will resound with readers everywhere who remember "mom's taxi service," who were encouraged to clean their plates because of "starving children" elsewhere; or who have felt the warmth that fills a home when mom is there. He recalls the values taught from the lips and laps of caring mothers and reminds us that mothers make the world go 'round.

The book makes a great gift for Mother's Day, anniversaries, holidays and birthdays (you can give it to your mother on your birthday) or on no occasion at all.

Real Estate Profiting

Whether you're a first time home buyer, a seasoned real estate investor or a real estate broker looking for more income, these new books may help you turn a profitable page in your net worth.

209 Fast Spare-Time Ways To Build Zero Cash into 7 Figures a Year in Real Estate (Wiley \$14.95) by Tyler G. Hicks delivers what it promises. The book shows readers how to acquire income producing real estate and build their wealth by using borrowed money. A valuable guide for new, experienced or affluent real estate investors.

The Home Buyer's Advisor (Wiley, \$19.95) by Andrew Mclean is a useful handbook for first-time buyers and second-home investors. It will help you find the right property, negotiate the best deal and help you save thousands on the right mortgage.

For real estate agents or brokers who would like to double or triple their income, *Real Estate Rainmaker Guide To Online Marketing* (Wiley, \$27.95) by Dan Gooder Richard, helps them learn 20 new rules of online marketing. The book will help brokers do all this by showing how to tap into the power of technology to create an effective marketing campaign.

Quick Work of Slow Cooker Dishes

Slow cookers are changing with the times and even veteran users are showing interest in the newest models and ways to use them.

Now, thanks to a new cookbook, anyone can use a slow cooker to combine a new level of creativity with practicality.

This companion to the much-

loved *Betty Crocker's Slow Cooker Recipes, Betty Crocker's™ More Slow Cooker Recipes* (Wiley; December 2003; \$22.95) serves up 130 new recipes for delicious dishes as well as beautiful color photography.

Even cooks who have relied on their slow cookers for decades may find enticing variations on comforting favorites, such as Chicken and Vegetable Tortellini Stew, Provençal Beef with Zinfandel and Spinach or Mushroom-Stuffed Pork Roast. Easy, delicious everyday cooking is the goal of many time-deprived home cooks, and this book is full of creative, delicious ideas to make that possible. There is also a treasure trove of time-friendly holiday meals and "make and take" dishes.

Cooks will find complete nutritional information, including carbohydrate choices per serving.

Fourteen Foods That Can Change Your Life

The key to preventing and possibly reversing disease may already be in your fridge.

That's the easy-to-swallow prescription found in *Superfoods RX* by Steven Pratt, M.D. and Kathy Matthews (\$24.95, HarperCollins). After analyzing the most disease-preventing, anti-aging diets in the world, scientists have found that 14 nutrients consistently turn up. Based on years of research, Pratt pulls it all together in one source.

Superfoods RX outlines 21st Century nutrition-foods that are high in micronutrients (vitamins, minerals, phytonutrients) instead of macro-nutrients (fats, carbs, protein):

*Beans lower cholesterol, combat heart disease and stabilize blood sugar.

*Blueberries lower the risk of heart disease and cancer and help maintain healthy skin.

*Broccoli boosts the immune system, lowers the incidence of cataracts and builds bones.

*Oats lower cholesterol, reduce the risk of coronary heart disease and Type II diabetes.

*Oranges support heart health and prevent cancer, stroke and diabetes.

*Pumpkin helps lower the risk of various cancers and supplies nutrients necessary for healthy, youthful skin.

*Wild Salmon lowers the risk of heart disease and cancer.

*Soy helps prevent cardiovascular disease, cancer and osteoporosis, helps relieve menopause symptoms.

*Spinach decreases the chance of cardiovascular disease, a host of cancers and cataracts.

*Tea boosts the immune system, helps prevent cancer and osteoporosis.

*Tomatoes lower the likelihood of cancer, raise the skin's sun protection factor and play a role in

preventing cataracts.

*Turkey is a healthy source of protein, low in fat, and provides multiple nutrients.

*Walnuts reduce the risk of developing heart disease, diabetes and cancer.

*Yogurt promotes strong bones and a healthy heart, and is a great source of calcium.

Dr. Pratt shows readers how to incorporate these foods into everyday meals with recipes designed by Chef Michael Stroot of The Golden Door.

NAPS

Saturdays are Special At Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

*May 1: *May Day Flag Making* Create your own personal flag.

*May 8: *Flower Fairy*: Celebrate the magic of spring blossoms.

*May 15: *Space Shuttle*: Design a miniature Space Shuttle that really flies.

*May 22: *Animal Sculptures*: Make a sculpture from clay.

*May 29: *Catapult*: Build a tiny catapult.

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. (\$5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Healthy Ideas

*Plants such as alfalfa, corn, potatoes, rice, safflower, soybeans and tobacco can be used to generate essential substances for life-saving drugs. This plant-made pharmaceutical technology makes it possible to produce proteins faster and cheaper than existing methods, meaning patients may not have to face another drug shortage. Plant-made pharmaceuticals have enormous potential to bring new, improved, and accessible treatment options to America's 43 million arthritis patients and millions of cystic fibrosis, multiple sclerosis and cancer patients. Already in clinical trials, plant-made pharmaceuticals may be only a few years away from the marketplace. To learn more, visit the Biotechnology Industry Organization at www.bio.org.

*The Natural Food Merchandiser magazine reports that American shoppers spent nearly \$36.4 billion on natural and organic products in 2002 alone—including products made from pure, plant-based ingredients that do not contain artificial coloring, synthetic fragrance or unnecessary chemicals. *According to the 2003 LOHAS Market Report, 68 million U.S. citizens (approximately one-third of the population) prefer using products that protect their skin and health, and in many cases protect the environment and animal life, as well.

*At least half of the Americans who have glaucoma are unaware they have the disease and it is estimated that by the year 2030, the amount of glaucoma cases will nearly double. The good news is that there are treatments to lower eye pressure and Medicare covers annual eye exami-

nations for those over 65 and at high risk for glaucoma. One new treatment, Xalatan (latanoprost ophthalmic solution) was recently approved by the U.S. Food and Drug Administration as an initial treatment for elevated eye pressure in patients with open-angle glaucoma. It is available in a once-daily prescription eye drop. For more information, visit www.Xalatan.com. For free information about glaucoma, visit www.glaucomainfo.com.

*A new Web-based healthcare communications tool can save time and help balance overextended family schedules. Through MyDocOnline(tm) Connect, patients can use the Internet to schedule an appointment with their doctor and even conduct a confidential online consultation for some types of non-urgent medical care, such as allergy symptoms, upper respiratory infections, and sore throats. Patients may also use this online consultation, also known as an Online Doctor Visit (ODV), to follow-up on chronic conditions—high blood pressure, high cholesterol, under-active thyroid—for which they have been under long-standing treatment with their physician.

*Advances in neuroscience and the behavioral sciences are changing what people have always believed about the development of the brain and how it contributes to who we are and how we treat mental illness, say excerpts from an online publication, *The Pfizer Journal*. Useful diagnostic tools may soon be used to guide doctors to early intervention and treatment and perhaps even prevention of certain diseases in the future. For information, visit www.thepfizerjournal.com. NAPS

Questions and Answers About Vitamins and Minerals

Many people have questions about vitamins and minerals. The independent public health organization United States Pharmacopeia (USP) sets industry standards for dietary supplements and has developed the Dietary Supplement Verification Program (DSVP). Here are answers to common questions about vitamins and minerals.

Q. What are vitamins and minerals?

A. They're nutrients you need to stay healthy. They're in many foods you eat, but you can also take supplements to make sure you get the nutrients you need.

Vitamins

Vitamins are either fat-soluble or water-soluble:

1) Fat-soluble vitamins are stored in the body's fat tissues and used when needed. Vitamins A, D, E and K are all fat-soluble.

2) Water-soluble vitamins are not stored well in the body. B vitamins are water-soluble vitamins. Your body needs a fresh supply regularly.

Minerals

Minerals are also necessary for vital body functions.

There are two groups:

1) Trace minerals are needed in small amounts. Chromium, copper, iodine, iron, selenium and zinc are trace minerals.

2) Macrominerals are needed in larger amounts. Calcium, magnesium, phosphorous, and potassium are macrominerals.

Q. Why take supplements?

A. Supplements can be an inexpensive way to make sure you get all the vitamins and minerals you need, even if you get most of them

from food.

Some people take supplements because they can't eat certain foods. For example, milk is a good calcium source, but some people can't drink it.

Q. How are vitamin and mineral dietary supplements regulated?

A. The U.S. Food and Drug Administration (FDA) regulates them as a food product.

The United States Pharmacopeia (USP) created the Dietary Supplement Verification Program (DSVP) to help consumers be sure that what is on the label is what's in the bottle. Supplement makers earn the DSVP symbol by having their products tested by USP.

Q. What is the DSVP certification symbol?

A. This symbol lets you know USP has tested and checked ingredients and the manufacturing process. The supplement has passed important tests to help assure you that:

1. The product contains the ingredients listed on the label.

2. The product will dissolve so the ingredients will be absorbed into your body.

3. The product has been screened for harmful substances such as bacteria and pesticides.

4. It has been made in safe, sanitary, well-controlled conditions.

Q. Are all vitamin and mineral supplements with the DSVP mark the same quality?

A. USP does not rate vitamins and

minerals or compare them with each other. It does look at each product it verifies to help ensure the ingredients on the label are actually in the product and meet its standards.

Q. How do I know a supplement meets USP's standards?

A. Look for the DSVP symbol or the letters USP on the front of the label.

Q. What do I need to know about supplements before I buy or take them?

A. USP uses detailed laboratory tests to check the quality of vitamin and mineral supplements. Take into account:

*Most supplements are available as either tablets or capsules and may dissolve fairly quickly or quite slowly in your body. This affects how well your body can absorb them and why DSVP on the label is important.

*Quantity or strength is important. Products with the DSVP mark contain the amount listed on the label. Before taking a supplement, ask a health professional about the supplements and the amount you need to take. Different people may need different amounts.

*When buying supplements, check the expiration date on the bottle to make sure you will use all its contents before the date. A product past this date may no longer meet USP standards.

Visit www.usp-dsvp.org for more information. NAPS

Church of the Visitation

Roman Catholic (1907)

97 Years in Visitation Valley

Daily Masses
(Mon-Fri) 7 a.m. & 5:30 p.m.

Saturday Masses
7:30 a.m. & 5 p.m.

Sunday Masses
8 & 9:30 a.m. (11 a.m. Spanish)
12:30 & 5 p.m.

Our Lady of Visitation School
Grades K-8
239-7840

Religious Education: Grades K-8 (Saturday only) 239-6723

Come, Let us worship together!

655 Sunnydale Avenue
San Francisco, CA 94134-2838
(415) 239-5950

Rev. Zachary J. Shore, Pastor

Crossword Puzzle Solution

BAC A AGO WRAP
OPE ALEA IAMB
NIB KITH OIBS
NAURU EDEN
URGE UNCAS
WISE RAFF COA
RPM COVLY ATA
ASA OGFETAL
PELF FSLAP
BLALO LAMTA
BEER GOAL ADC
ABEL RANA CEA
BLY EITAN MAD

FREE CERAMICS CLASS

For everyone 18 and older at
Visitation Valley Community Center,
66 Raymond Avenue
Tuesdays from 9 a.m. to 4 p.m.

*Very therapeutic and fun. You do not need to stay
the entire day...come for as long as you like.
We have a wonderful teacher to assist you.*

For more information, call the
VCC Senior Program: (415) 467-4499

Ask the Contractors Board

Experts Answer Common Home Improvement Questions

by Anthony Elmo, Chair

CA Contractors State License Board

SACRAMENTO — Do you have questions about hiring and managing building contractors? The California Contractors State License Board has answers. For more information, or to check out a contractor, visit the CSLB Web site at www.cslb.ca.gov.

Q: I hired a contractor to remodel my bathroom and expected it to be finished while I was out of town. When I returned, the job was not completed and the contractor keeps stalling. I'm really frustrated. What should I do?

A: First of all, check your written contract. A home improvement contract must include, among other items, the approximate dates when the work will begin and be completed. For example, the contract should read "Begin approximately April 20 and end approximately April 30," not "Complete the job in 10 days." This eliminates the possibility that the contractor will take 10 days to finish the job but spread them out over the span of a year. The dates should be approximate since external factors such as the weather or a delay in materials shipments are beyond the control of the contractor.

Your home improvement contract must also include a description of what is a substantial commencement of work. Failure by the contractor, without lawful excuse, to substantially begin work within 20 days from the approximate start date is a violation of contractor law. In that case, the homeowner can postpone the next payment to the contractor for a period of time that is equivalent to the time between when substantial commencement was to have occurred and when it did occur.

You can allow the contractor to take more time to finish the project; however, get it in writing. Require that the contractor prepare a written change order specifying the new approximate completion date.

For more information about home improvement contracts, go to CSLB's Web site at www.cslb.ca.gov and review the publication, "Home Improvement Contracts: Putting the Pieces Together."

Q: While replacing my roof, one of the roofing company's workers fell and injured himself. Am I responsible?

A: You shouldn't be, but you could end up paying if the injured worker isn't insured by his employer. The company that employs the roofer should be responsible for injuries its workers suffer while on the job. Businesses, including contracting companies such as the one you hired, must carry workers' compensation insurance for workers they employ. You can verify that the roofing contractor has workers' compensation insurance by going to the Contractors State License Board's (CSLB) Web site at www.cslb.ca.gov and checking the contractor's license. If the roofing company doesn't have workers' compensation insurance for the employee, the company is operating illegally and could be cited by the Contractors State License Board.

Workers' compensation insurance is a no-fault insurance plan purchased by the contractor and administered by the state. It limits the employer's liability, avoids costly lawsuits, and it guarantees that an injured worker receives prompt and complete medical treatment and specific benefits for job-related injury or illness, including rehabilitation if necessary.

In the end, if the roofer who was injured on your property is not insured, you could be asked to pay for it through your own homeowner's insurance policy.

To guard against such a scenario, before you hire a contracting company that employs workers, check the CSLB Web site to verify that the company's contractors license is current and active and that

they carry workers' compensation insurance. Then ask to see the insurance certificate. Go to CSLB's Web site at www.cslb.ca.gov.

Q: My mother lives in a mobile home park for seniors. Someone came to her door stating that her roof needed to be fixed and offered to do the work. What should she do about these kinds of solicitors?

A: First of all, your mother shouldn't feel intimidated, but she should be aware of door-to-door solicitors. If salespeople have come uninvited to her door, she is under no obligation to entertain their sales pitch. Solicitors in mobile home parks and communities for seniors are the source of many complaints to the Contractors State License Board (CSLB). Some unscrupulous, unlicensed contractors target senior citizens for overpriced repairs that are unnecessary, and then they either do a shoddy job or never complete the work at all. They give phony names, telephone numbers and business addresses, so they can't be tracked down later.

Seniors are often targeted for a number of reasons: they have discretionary funds accumulated from a lifetime of saving; their homes are often old and in need of repair; they have a trusting nature; they often live alone and feel intimidated; and they hesitate to report fraud.

Crooked contractors will use high pressure or scare tactics to get a senior citizen's attention by claiming that the roof, plumbing or electrical system is faulty and dangerous and work must be done immediately. These fraudulent contractors often claim that they have just finished a painting or driveway repair job at a neighbor's house, have leftover material, and can give the homeowner a good deal — only if a decision is made immediately. Usually these claims are phony. All too often, they take the senior's money and run.

The CSLB urges senior home-

owners to follow these tips when dealing with solicitors and when hiring a contractor.

- *Take your time in making a decision about hiring a contractor
- *Don't be pressured into hiring a door-to-door solicitor
- *Hire only licensed contractors and check the license on CSLB's Web site at www.cslb.ca.gov
- *Get three bids
- *Get a written contract
- *Pay only 10 percent down, or \$1,000, whichever is less of the contract amount
- *Never pay cash
- *Don't let your payments get ahead of the work
- *Ask a friend, neighbor or relative to verify that work needs to be done

VISITACION VALLEY GRAPEVINE • MAY 2004 • 5 and to look over the written contract

*Go to CSLB's Web site at www.cslb.ca.gov for free consumer publications, including "What Seniors Should Know Before Hiring a Contractor."

Anthony Elmo is the Chairman of the Contractors State License Board, and the Director of Building and Safety for the City of Temecula. The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. The CSLB licenses and regulates California's 278,000 contractors, and investigates 25,000 complaints against contractors annually.

Feline with Many More Than Nine Lives



Most likely the oldest cat in Visitation Valley, Jenny, who lives with sculptor Mikal Cartor on Hahn Street, has lived an exciting life in her nearly two dozen years. In July 1980, Jenny was found as a newborn kitten in Golden Gate Park with a broken leg, fur missing from her head and both eyes shut. She was soon nursed back to health and has since develop a dominating personality that her canine cohabitants, Lacey and Streaky eventually learned to respect.

Jenny

She curls up with me, purrs,
And bites my nose.
At nearly 24,
You might suppose
She'd only find a
Sunny place to doze.
But she still rules this house,

You bet she knows.
If she wants on the table
Up she goes.
She likes licking butter
Or the milk on Cheerios.
And that's okay with me
'Long as they're yo's.

—Mikal Cartor



Cathy Kline Saunders

Broker Associate

215 WEST PORTAL AVENUE
SAN FRANCISCO, CA 94127



ZEPHYR
REAL ESTATE

For Any of Your
Real Estate Needs
Call Me
(415) 731-5011
Extension 163

Grapevine Puzzler

H B E R N W R B N A M D N A S B F W I
A S D F A Z X E W B Q N M E P Q H W N S
W C D W M R T N E N T J E I E G M C U D
K N T T R F R E A R H U R E Y R R W E J
M D F N E W E M G M W I B W J E J G F D
A F D A D G R O G D T H F S D E H E A N
N H E M I E J T W S D A N I N N E U I R
N H H R P E R N N J J R B C Y L H I R O
B R H U S T Y A Y E W L V W E A N S J H
F W S O F W Q H B E E W O M A N C A M T
V C U H G F W P G H M R N J W T J Q N Y
A S B G D F F G U C W E R T Y E E G A T
C D M F G D B L N G H D E R U R M B M H
I B A D N R K E A T E N R O H N E E R G
R V R B I T R W E S N O J H F K D N A I
E S I E A N V D S H H W M N N J F A T M
M A N X T N V C D E H E R N M H B J S M
A D E Z P N M W E D S E R T A V N B C
C F R D A F G L E V R A M N I A T P A C
B N A M C I T S A L P N B C X Z M B C W

Batman
Captain America
Captain Marvel
Flash
Green Hornet
Green Lantern
Hawkman
Hourman
Incredible Hulk
Mighty Thor
Phantom
Plastic Man
Sandman
Spiderman
Spirit
Starman
Sub-Mariner
Superman
Wonder Woman

Historic Proportions

Match clues to answers.

1917

1. Russian czar abdicated on Mar. 16.
2. United States became part of this on Apr. 6.
3. He became president of China on Aug. 14.
4. Austrians sunk an American schooner on Feb. 14.
5. U.S. troops land in Europe June 27 under this commander.
6. World Series winners on Oct. 15.
7. He stepped down as King of Greece on June 12.
8. U.S. fixed prices of this on Aug. 30.
9. Germany captured Russian port on Sept. 17.
10. He got a movie contract for \$1 million a year.
11. Rose Bowl winner on Jan. 1.
12. Nobel Peace Prize winner on Dec. 10.
13. Dutch dancer got death

Five Years Ago
in the Grapevine

MAY 1999

*With James E. Roberts-Obayashi Corporation having been selected as general contractor for the new John King Senior Community Project at 500 Raymond Ave., bids from all interested subcontractors were being requested.

*Rental applications for both Heritage Homes and Britton Court were distributed for three days only on May 11, 12 and 13.

*Neighbors were shocked to learn of the Apr. 3 murder of Sugi Kim, who had operated the KC Market at the corner of Wilde Avenue and Rutland Street.

*Visitation Valley Community Center was one of seven organizations chosen to be honored May 26 at Yerba Buena Center for the Performing Arts with the 25th Anniversary Community Institution Award.

*Neighborhood students from the Visitation Valley Community Beacon joined more than 230 youth and adults from around the Bay Area attending a Youth Activism Conference on Apr. 29.

*With Home Depot having proposed a new facility at the site of Schlage Lock, many Visitation Valley residents and community leaders began expressing mixed feelings about having the large retail store located in their neighborhood.

Sump, the Grump



Super Heroes

sentence July 25 for espionage.

14. They took command of Russia on Nov. 15.

15. Country proclaimed independence on July 14.

16. Pacific Aero Products Co. changed its name on Apr. 18.

17. Germanysank U.S. liner Feb. 3.

18. He became premier of Russia on July 20.

A. Lyman M. Law

B. Boeing

C. Mata-Hari

D. Oregon

E. Alexander Kerensky

F. Bolsheviks

G. Charlie Chaplin

H. Housatonic

I. Constantine I

J. Finland

K. International Red Cross

L. Feng-Kua-Chang

M. Nicholas II

N. General John J. Pershing

O. Chicago White Sox

P. World War I

Q. Wheat

R. Riga

Answers: 1-M; 2-P; 3-L; 4-A; 5-N; 6-O; 7-L; 8-Q; 9-R; 10-G; 11-D; 12-K; 13-C; 14-F; 15-J; 16-B; 17-H; 18-E.

Sez Who?

Match quotes to speakers.

1. "Keep your promises to yourself."

2. "All a man can betray is his own conscience."

3. "Think like a man of action, act like a man of thought."

4. "Try not to become a man of success but rather a man of value."

5. "Change is the only evidence of life."

6. "I was taught that the way of progress is neither swift nor easy."

7. "Throw your heart over the fence and the rest will follow."

8. "All life is an experiment. The more experiments you make, the better."

9. "The best blood will sometimes get into a fool or a mosquito."

A. Albert Einstein

B. Joseph Conrad

C. Evelyn Waugh

D. Austin O'Malley

E. Henri Bergson

F. Ralph Waldo Emerson

G. David Haro

H. Norman Vincent Peale

I. Marie Curie

Answers: 1-C; 2-B; 3-E; 4-A; 5-C; 6-I; 7-H; 8-F; 9-D.

Did You Know?

*A number of corporations and industry groups are supporting the efforts of the Red Cross to supply first-aid equipment, medicine and electrical generators for hospitals in war-torn Iraq. The Red Cross, the U.N. and other humanitarian relief groups are also engaged in supplying other key medical items in short supply, such as plastic gloves and sterile medical equipment packaged in sterilized plastic-cased material to keep it germ-free. To find out how you can support the efforts to help the people of Iraq, visit the American Red Cross at www.redcross.org.

*Back in 1953, David Mullany created the Wiffle ball so his son could play in the yard without breaking the neighbors' windows. Over the past half century Wiffle has established itself as an American icon. The game has inspired various backyard leagues and even an online component on Candystand.com. This year, Wiffle commemorates the game's 50th anniversary and honors its enthusiasts with the opening of the Wiffle Ball Hall of Fame. For additional information about the Hall of Fame, visit Candystand.com.

*When choosing his own car, David Cook, director of quality for a company that supplies safety restraints to automobile manufacturers, made sure it included the most advanced and essential safety systems. He says these devices saved his life. Cook says he survived a serious accident because, first, the side-curtain airbag fully protected his head as the truck struck the side of his car. Side-curtain airbags drop down from the vehicle's roof just above the side windows and inflate in milliseconds to provide a cushion along the side of the interior. Secondly, the anti-whiplash seat did its job. The force of the collision caused the seatback to deform backwards and allow Cook to lie flat on his back. The roof ended up just inches from his nose.

*According to the Joint Center for Housing Studies at Harvard University, immigrants will soon make up more than one-quarter, and minorities more than two-thirds, of the predicted 12 million new households that will be created by 2010. This growth will result in an increased demand for home financing. One mortgage program, called Settle America, takes into consideration the lifestyles and financial habits of large immigrant groups in the United States. Another mortgage product, called HomeStrength, is aimed at middle-income borrowers in good credit standing who lack the cash savings for a down payment. To learn more, call toll free 1-800-888-4622 or visit the Web site at www.gmacmortgage.com.

*Using interactive technology can make learning math more enjoyable and rewarding. For example, Scholastic has introduced a new software series, Math Missions, designed to help children practice real-world math challenges, like sizes and weights, in a fun setting. The two CD-ROMs-Math Missions: The Race to Spectacle City Arcade (Grades K-2) and Math Missions: The Amazing Arcade Adventure (Grades 3-5)-each contain three complete grade levels of math curriculum.

*Using the Internet to search for information is fast becoming a favorite way to save time. For example, you can use the Internet to check the weather, get a map to your travel destination, define a word, book a client lunch while traveling or hunt down images in the encyclopedia, say experts at Yahoo! (<http://search.yahoo.com>). Knowing how to use the Internet for everyday activities can save you time every day.

*Over 100,000 veterans currently wait six months or more to see a

doctor; it may seem as if some convicted criminals get better access to health care than some veterans. All veterans are entitled to a full continuum of health care benefits to include long-term care and a prescription drug benefit that is better than Medicare, say the Veterans of Foreign Wars of the United States. That is why it is critically important to fight to secure full funding for the VA Health Care system through mandatory funding or some other guaranteed funding mechanism. It's also important that as VA works to reduce the veterans benefit claims backlog that they do not sacrifice quality for quantity. Many WWII and Korean veterans are passing away before they receive their entitlements.

*The Freedom CAR and Fuel Initiative were created to reverse America's growing dependence on foreign oil by developing the technology needed for commercially viable hydrogen-powered fuel cells. A fuel cell combines hydrogen (stored in a tank) with oxygen in the air to make electricity (and water as a byproduct). Such cells are a way to power cars, trucks, homes and businesses that produce no pollution and no greenhouse gases. For example, Honda's FCX uses this kind of technology. The car was certified by the Environmental Protection Agency (EPA) and the California Air Resources Board (CARB) in July 2002, making it the first fuel cell car in history to be certified for commercial use. Overall performance is said to be comparable to a Honda Civic. For more information, please visit www.honda.com.

*According to the Whirlpool Institute of Fabric Science, the best way to rid fabrics of greasy droppings is to scrape off excess solids with a dull knife. Apply a small amount of dish detergent to the underside of the soiled area, to break up the grease. Machine wash in the warmest water that the care label permits; if the stain still appears, repeat the process, as the toughest stains may require extra persistence.

*Efforts are under way to adopt or enforce laws in all 50 states to ensure that retailers, consumers and companies are protected from monopolistic practices in cigarette sales. Retailers could continue to enter into merchandising contracts with manufacturers but manufacturers could no longer limit the size of retailers' space directly or indirectly. Many Americans, retailers and their customers, are asking state legislators where they stand on this issue of retail rights. Anyone who wants to join in or learn more can visit www.retailrights.org.

NAPS

As a Matter of Fact

*The world's largest zoological reserve is Etosha National Park in Namibia. Established in 1907, it has grown to 38,427 square miles.

*The Royal Society for the Prevention of Accidents erected a display at the Institute of Personnel Management Conference in Harrowgate, England. It collapsed.

*Japan is called Nippo, or Nihon in the Japanese language. Historians believe the Italian pronunciation (Cipango) of Marco Polo is the root of the English name of the island nation.

*In the controversial literary work *Uncle Tom's Cabin* by Harriet Beecher Stowe, there is a character called Evangeline St. Claire. She is better known by the name of Little Eva.

*George Washington was the only president to receive all electoral college votes twice, in the 1788 and 1792 elections.

*The real name of the painting known as the Mona Lisa is *La Gioconda*. It is the portrait of a middle class Florentine woman.

*In its pure state, iron is silvery white.

*Book matches were invented by Joshua Pusey, a Philadelphia patent lawyer, in 1892.

*Among emperor penguins, it is the male bird which hatches the eggs.

*All bodies of water are subject to the tide-producing forces of the sun and moon, but only where oceans and continents meet are tides great enough to be noticed.

*Pansy flowers are so called from the French *pensee*, meaning *thought*.

*A camel needs little water because it sweats very little, and keeps most of the water that is in its body.

*Experts on Elizabethan cuisine contend the "funeral baked meats" Hamlet makes so much of were meat-pies.

*The only head of government in the 20th century to give birth to a child while in office was Pakistani Prime Minister Benazir Bhutto in January 1990.

*Scholars have identified more than 1,000 versions of the Cinderella fairy tale. Versions developed in many countries, including China, France, Germany and Turkey.

*A single fiber-optic cable can carry as many as 4,000 telephone conversations as well as several television signals.

*American inventor, Alexander Graham Bell wrote for the National Geographic magazine as H.W. Largetamb, which is an anagram of his name.

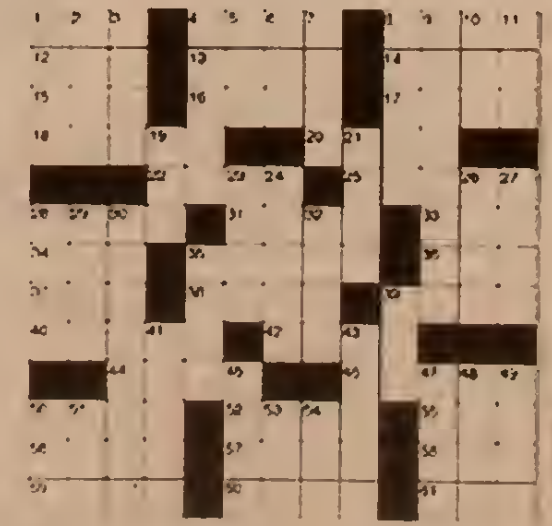
*Hernando Cortez, returning from Mexico, brought the first chocolate to Europe in 1519.

Crossword Puzzle

Solution on Page 4

ACROSS

1. Cider
4. Lip balmin
8. Bird
12. Uncluse
13. Ido of Athena
14. Points: foot
15. Beak
16. Fikenda (Soc)
17. Grape syrup
18. Pac. Island
20. Land west of Mex.
22. Frogs
25. 1st of the Mohicans
28. Sage
31. Rubbish Brit
33. Wood scapel
34. Revolution per minute (abbr.)
35. Small fock
36. Luxon people
37. I ether of Jehoshaphat
38. Pothid neck
39. And (other) able
42. words) (lat.)
40. Caribbean volcano
47. Cuff
44. Non-sugarcane shoot
48. Female vampire
50. Pub fare
52. End
55. Aid to
56. Dependent Children (abbr.)
57. Victim of Cain
58. Frog genus
59. Council for Econ. Advisors (abbr.)
60. Heralding in a



may 1st 1

60 Greenland town

61 Presswood

1 Britiploce of

Boothman

2 Samoan port

3 Phil. Island

4 Harking deer

5 Lashon

6 Win

7 US dam

8 Extend

9 Muck

10 Ambassador

11 Public Broadcasting Service (abbr.)

19 Vish undone

21 Fr. artist

23 Alcoholic drink

24 Roof ridge

26 Things done

27 Mail (abbr.)

28 Swathe

29 Mail (abbr.)

30 Gng 17 words

32 Grope

35 Cavity (but)

(abbr.)

39 Environmental Protection Agency

(abbr.)

41 Ahmad

43 Muslim deity

45 Hamster

47 Speed-of-sound number

48 Fancy

49 Academy

(abbr.)

50 Sheep's cry

51 Abate

53 Grain

54 Sayings (but)

Visitacion Valley Police Report

Fatal Dog Attack on Raymond Avenue

A Valley man's small pet dog was mauled to death Apr. 9 by a much larger dog which ran more than one block down a hill before making its vicious attack. The incident occurred directly in front of Visitacion Valley Middle School while parents were dropping their children off for school, with several witnesses watching in horror.

A desperate call to 911 brought several police officers and animal control just after 8:30 a.m. to 451-53 Raymond Ave. where the attacking dog's owner confirmed the family's guard dog had escaped through an opening in a plywood wall.

Just moments before, a man had been walking his two dogs on leash on the opposite side of Raymond Avenue and was climbing a pathway more than one block down at Elliot Street when the escaped dog accosted them. The larger dog then ran back up Raymond Avenue to its home with the smaller dog in its teeth, dragging a retractable leash behind.

PUBLIC NOTICE
Coffman Pool at Herz Playground

This constitutes notice under California Civil Code Sections 987 and 989 (California Art Preservation Act) of City and County of San Francisco's intent to demolish a wall containing a mural by Meera Desai, Barry Hazzard, Monica Henderson, Julia Baier, Rene Strong, et al., unknown title, at the Coffman Pool in Herz Playground located at Visitacion Avenue and Hahn Street. The existing building will be demolished in entirety to make way for a new pool building. Any questions should be directed to Tony Leung, Recreation and Park Department, at (415) 581-2543 by May 31, 2004.

San Francisco City Services

- Abandoned Cars 563-9817
- Bus Shelter Damage 882-4949
- Curb Painting 564-2336
- Dumpster Dumping 28-CLEAN
- Graffiti Hotline 241-9274
- Muni Information 673-6864
- Parking and Traffic Problems (DPT) 563-1200
- Pothole Repair 695-2100
- S.F. Police Inglewood Station 404-4000
- S.F. Police (non-emergency) 563-0123
- Street Lighting 564-0730
- Sunnydale Resource Center 586-7572
- VVMS Anonymous Hotline 281-8406
- Tree Problems 695-2162

Visitacion Valley Community Center

Mondays: Senior Shopping 11:30 a.m., Tuesdays Senior Ceramics 9:30 a.m.-4 p.m., Senior Bingo 12:30 p.m. **Thursdays:** Sewing Class 9 a.m.-3 p.m. **VVCC Regular Board Meeting** is held on the 4th Thursday of each month at 5 p.m.

Valley Resident Dies After Throat Slashed

Visitacion Valley resident Leonard Holmes, 49, died in surgery at San Francisco General Hospital on Mar. 17 after reportedly sustaining a severe throat injury earlier that morning. Holmes had driven himself to the hospital after assisting an acquaintance with car trouble. He collapsed in the emergency room after hospital workers assisted him from the hospital entrance.

Gunfire Kills Valley Man

Joseph Harrell, 23, had just walked his young daughter to a bus stop at Brookdale Avenue and Santos Street in the Sunnydale housing complex on Mar. 25 when he was shot and killed by 10 rounds of gunfire just after 8 a.m. The gunman subsequently fled southbound on foot to Geneva Avenue.

Officer Shot, Girl Hurt During Dog Attack

An S.F. Police officer and a young girl were injured on Mar. 29 following a call to calm an aggressive dog. Police went to the 1300 block of Goettingen Street just after 12:30 p.m. to find a Rottweiler attacking the 11-year-old girl. When the dog tried to attack the officers, one policeman fired shots at the animal, with a stray bullet hitting his partner's leg. Both the policeman and girl were later treated for their injuries, while the dog was captured and taken away.

Crime Summaries

- *Mar 31 5 p.m., Carrizal St. & Velasco Ave., stolen vehicle
- *Mar 31 8:08 p.m., Visitacion Ave. & Hahn St., possession of heroin.
- *Mar 31 8:35 p.m., Carrizal St. & Velasco Ave., robbery, bodily force
- *Apr 1 7:10 a.m., 1500 block of Sunnydale Ave., planting/cultivation of marijuana
- *Apr 1 3:33 p.m., 400 block of Raymond Ave., recovery of stolen vehicle
- *Apr 1 5:30 p.m., Teddy Ave. & Delta St., recovery of stolen vehicle
- *Apr 2 3:30 a.m., 1500 block of Sunnydale Ave., burglary, holdup, forcible entry
- *Apr 2 9 a.m., 400 block of Tocoloma Ave., burglary of house, forcible entry
- *Apr 2 10 a.m., 100 block of Peabody St., malicious mischief, breaking windows
- *Apr 2 3 p.m., 1500 block of Sunnydale Ave., burglary of residence, unlawful entry
- *Apr 2 5:30 p.m., 1500 block of Sunnydale Ave., battery
- *Apr 3 2 a.m., 1600 block of Visitacion Ave., stolen auto
- *Apr 3 7 a.m., 1600 block of Visitacion Ave., stolen auto
- *Apr 3 4 p.m., 200 block of Rey St., malicious mischief, vandalism
- *Apr 3 8:10 p.m., 200 block of Parque Dr., aggravated assault, bodily force
- *Apr 3 11 p.m., Bayshore Blvd. & Visitacion Ave., burglary, store under construction, forcible entry
- *Apr 4 12:01 a.m., Campbell Ave. & Delta St., stolen auto
- *Apr 4 4:18 a.m., 1100 block of Girard St., recovery of vehicle stolen outside S.F.
- *Apr 4 4 p.m., Sunnydale Ave. & Hahn St., robbery, armed with dangerous weapon

In Memory of
Officer Isaac Espinoza

- *Apr 4 4:30 p.m., Mansell Ave. & Hamilton St., stolen truck
- *Apr 4 8 p.m., 1600 block of Sunnydale Ave., malicious mischief, vandalism of vehicles
- *Apr 5 12 noon, 100 block of Lathrop Ave., malicious mischief, vandalism of vehicles
- *Apr 5 11:41 p.m., 000 block of Delta St., aggravated assault with deadly weapon
- *Apr 6 5:40 p.m., 100 block of Blythdale Ave., malicious mischief, vandalism of vehicles
- *Apr 6 7:30 p.m., 100 block of Blythdale Ave., burglary of residence, unlawful entry
- *Apr 8 12 noon, 000 block of Schwerin St., petty theft from unlocked auto
- *Apr 9 10:30 a.m., Mansell Ave. & Hamilton St., aggravated assault with deadly weapon
- *Apr 10 2:30 a.m., 100 block of Blythdale Ave., malicious mischief, vandalism
- *Apr 11 12:50 p.m., 1500 block of Sunnydale Ave., aggravated assault with bodily force
- *Apr 11 2 p.m., 1600 block of Sunnydale Ave., robbery on street, strongarm
- *Apr 11 9:10 p.m., Santos St. near Geneva Ave., attempted homicide with gun
- *Apr 12 8:45 a.m., 2600 block of Bayshore Blvd., recovery of stolen vehicle
- *Apr 12 11:48 p.m., 1600 block of Sunnydale Ave., attempted homicide with gun
- *Apr 13 9:25 a.m., 1600 block of Sunnydale Ave., stolen and recovered vehicle
- *Apr 13 8 p.m., 1200 block of Girard St., stolen auto
- *Apr 14 3:30 p.m., 100 block of Leland Ave., petty theft from unlocked auto
- *Apr 14 7:09 p.m., 1600 block of Sunnydale Ave., possession of base/rock cocaine for sale
- *Apr 14 11:30 p.m., 200 block of Hahn St., aggravated assault with gun
- *Apr 15 7 p.m., 1500 block of Sunnydale Ave., battery
- *Apr 16 4 p.m., 1500 block of Sunnydale Ave., aggravated assault with gun
- *Apr 18 4:20 a.m., Sunnydale Ave. & Hahn St., carjacking with bodily force
- *Apr 18 4:20 a.m., Sunnydale Ave. & Hahn St., stolen truck
- *Apr 19 1 a.m., Brussels St. & Campbell Ave., stolen truck
- *Apr 19 3:20 p.m., 1600 block of Visitacion Ave., recovery of vehicle stolen outside S.F.

A Very Simple Quiz??

- Passing requires 4 correct answers.
- 1) How long did the Hundred Years War last?
 - 2) Which country makes Panama hats?
 - 3) From which animal do we get catgut?
 - 4) In which month do Russians celebrate the October Revolution?
 - 5) What is a camel's hair brush made of?
 - 6) The Canary Islands in the Pacific are named after what animal?
 - 7) What was King George VI's first name?
 - 8) What color is a purple finch?
 - 9) Where are Chinese gooseberries from?
 - 10) What is the color of the black box in a commercial airplane?
- All done? Check your answers below!
- Answers
- 1) 116 years
 - 2) Ecuador
 - 3) Sheep and Horses
 - 4) November
 - 5) Squirrel fur
 - 6) Dogs
 - 7) Albert
 - 8) Crimson
 - 9) New Zealand
 - 10) Orange, of course.
- What do you mean you failed?

Poor Rix's Almanac

by Rix Quinn

Hey, Poor Rix. Everybody says it's important to have good manners. When did manners begin? - Trying to Learn

Did you know that 4,000 years ago people lived without rules?

With no restrictions, imagine the chaos. Imagine the confusion. Imagine the fun.

That changed when Babylon's King Hammurabi pulled out his ball-point chisel, and carved his 282-law Code.

Among his commands: If you owed somebody a debt, you could give them your spouse. This became a primitive form of "no-fault divorce."

We continued to refine human interaction with "etiquette," or rules of polite conduct.

For instance, in a mixed group in this country, a man should not burp. But if he's with guys, he can burp loudly, and a friend may even try to record it for playback at the company picnic.

There are 17,000 rules of "good taste," many concerned with mealtime. Like, if we don't chew with our mouths closed, food could fall out. If we don't brush our teeth, they could fall out too. (If those teeth are chewing at the time, that's really bad.)

Other critical table manners:

1. If contents of a dish are unknown, say "My, what a lovely presentation," not "What is this slop?"
 2. The long fork on the plate's left should never be used for back scratching.
 3. After taking a date out for a fancy meal, the diner often compliments the chef, unless he is in the drive-thru line.
- Hey, Poor Rix: I want to send my son some fresh meat. Unfortunately, he is stationed on a very remote island, and it takes two weeks or more for delivery to reach him.

I've heard about smoking or pickling meat to make it last longer.

Old-timers used to kill animals in the fall and eat them throughout the summer - and they didn't have freezers.

How can you preserve meat? - Mike, Ohio

Food preservation's aim is to slow down bacterial growth, or to destroy it. The easiest method is sterilization. (No, Poor Rix is not bacteria, and strenuously avoids sterilization.)

Let's look at some more preservation methods. Freezing slows bacterial growth, and makes sense if you've got a portable refrigerator. In canning, food is boiled to kill bacteria. It is then sealed in a can or jar.

Dehydration preserves food by removing its water. Examples: dried meat, fruit, and Poor Rix when he accidentally falls asleep face down on his pillow.

Our forefathers - and foremothers too - preserved meat by salting it to

draw out moisture. Ancient sailors also used this method, which may account for their salty language.

Today we also use chemical preservatives like benzoates, nitrites, sulphites, and sorbic acid. Poor Rix has no clue what these words mean.

Mike, if you actually want the proper advice on this, talk to a food expert. Poor Rix, who is ignorant about the subject and approaching middle age, must spend more time worrying about self-preservation.

Poor Rix: Have you heard that some animals sleep with one eye open? - Curious

Yes, but I'm not sure about people, because either Poor Rix sleeps with both eyes closed ...or it gets very, very dark at night.

I have heard that dolphins, if they wish, can access only half their brains. I don't know any other group who can use half their intelligence, except for a handful of politicians.

Dear Poor Rix: Who are the fastest animals? - Track Man

Golden eagles and duck hawks can soar up to 170 mph in a dive. Personally, Poor Rix rarely frequents dives, unless I am in a party mood.

In land races, jungle cats nearly always take first place and runner-up. This infuriates the other animals.

Perhaps that's why the winner's called a "cheetah."

Poor Rix: I've decided to let my beard grow out. Which makes me wonder: Who invented razors? - Hirsute

Letting your beard grow, huh? Brave woman!

But seriously, archaeologists tell us that folks were shaving 20,000 years ago. In those times, they scraped hair off with shells and flints.

One day while searching for a sharp shell, a prehistoric male found one with an eel wrapped around it. This became the first "electric razor."

Poor Rix offers bad answers to good questions. E-mail him at rixquinn@charter.net.

Grapevine Want Ads

VOLUNTEERS WANTED for WVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitacion Valley area. Interested persons contact Dee Smith, WVCC After School coordinator: (415) 585-2059.

A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines; small children's furniture, writing and/or art supplies; educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to: John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials. **GRAPEVINE DISPLAY ADVERTISING** new limited-time rates: Full Page: \$60; 1/2 Page \$33.75; 1/4 Page \$18.75; 1/8 Page \$10; 1/12 Page \$8. 1/16 Page \$6. Generous discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 15th of prior month at Visitacion Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

Visitacion Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

- AUTOMOTIVE**
 - BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
 - BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
 - CHARLIE'S GARAGE, 2550 Bayshore Blvd., 239-7450
 - TW AUTO MOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
- VALLEY AUTO & TRUCK SUPPLY** (Bill Conle), 2520 Bayshore Blvd., 239-5880
- BANK**
 - BANK OF AMERICA, 6 Leland Ave., 622-4501
- BAKERS**
 - CUNEO BAKERY, 96 Leland Ave., 239-6090
 - LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
- BARBERS**
 - DeMASI'S BARBER SHOP, 35 Leland Ave.
 - THE SHOP (JB), 178 Leland Ave., 239-6709
- BEAUTICIANS**
 - BODY, SOUL & SPIRIT, 222 Leland Ave., 333-7261
 - MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
 - MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
 - NAILS BY JENNY, 50 Leland Ave., 333-6800 WHO'S BADD, 224 Leland Ave., 657-3155
- BLIND CLEANING**
 - SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
- BOARDING HOUSE**
 - ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
- BOOKKEEPERS**
 - AMY ARAGON, PROFESSIONAL BOOKKEEPER, 467-8927
 - VERNA WALLACE EA, 2320 Bayshore Blvd., 239-5333
- CARPETS**
 - HAN SAN INTERIORS, 41 Leland Ave., 333-6382
- CASKETS**
 - CASKETORIUM, INC., 93 Leland Ave., 585-3451
- CHURCHES**
 - CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5850
 - IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.

- KOREAN FIRST PRESBYTERIAN CHURCH**, 333 Tunnel Ave., 468-1213
- RIDGE VIEW UNITED METHODIST CHURCH**, 590 Leland Ave., 239-5457
- ST. JAMES PRESBYTERIAN CHURCH**, 240 Leland Ave., 586-6381
- VALLEY BAPTIST CHURCH**, 306 Raymond Ave., 467-6055
- VISITACION CHINESE BAPTIST CHURCH**, 8 Desmond St., 333-4503
- COFFEE**
 - HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
 - PICCOLO PETE'S EUROPEAN COFFEE, 2155 Bayshore Blvd., 467-2442
- DAY CARE**
 - CAROUSEL DAY CARE, 2611 Hahn St., 469-5353
- DENTIST**
 - VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
- DEVELOPERS**
 - VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 333 Schwerin St., 587-7895
- ELECTRICAL**
 - TATE ELECTRIC (Jodi Tate), 467-4657
- FLORISTS**
 - IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
- GARDEN ORNAMENTS**
 - SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
- GROCERS**
 - E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
 - FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
 - K.C. MARKET, 400 Wide St., 467-3024
 - LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
 - M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
 - PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
 - SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580

- 7-11, 2200 Bayshore Blvd., 468-8646
- SHUN LEE MARKET**, 2400 Bayshore Blvd., 586-4851
- SMITTY'S MARKET**, 2610 Bayshore Blvd., 239-5506
- SUPER FAIR MARKET**, 2011 Leland Ave., 239-6856
- TEDDY'S MARKET**, 298 Teddy Ave.
- VALLEY SUPER MARKET**, 65 Leland Ave., 239-7520
- HERBS**
 - HAN ON HERBS, 33-A Leland Ave., 333-7469
- HYPNOTHERAPY**
 - VALERIE HAREGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
- INSURANCE**
 - EDIE FEPPS (A.H.E. INSURANCE), 467-0236, Fax 467-0276
 - ROBERT LEHMAN, CLTC, CMFC, 333-0850
 - ALICE L. WONG, 1604 Leland Ave., 337-8811
- KITCHEN CABINETS**
 - LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706
- LAUNDRY CLEANERS**
 - BAY WASH, 44 Leland Ave.
 - CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
 - COIN WASH & DRY LAUNDRY, 186 Leland Ave.
 - FORTY-NINER CLEANERS, 511 Leland Ave., 239-6418
 - LELAND AVENUE CLEANERS, 1511 Leland Ave., 586-1412
 - VALLEY LAUNDRY, 90 Leland Ave.
 - VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
- LEARNING**
 - 3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
 - VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4307
 - VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-6320
- LIBRARY**
 - VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
- LODGING**
 - THRIFT LODGE, 2011 Bayshore Blvd., 467-8811

- MANUFACTURER**
 - NATIONWIDE PAPER, 345 Schwerin St., 586-9160
- MEDICAL**
 - AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
 - HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwerin St., Appointments 715-0310
 - OR SAM HO, M.D., 9 Siltman St. No. 4, 337-6135
 - NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
 - PORTOLA FOOT & ANKLE CLINIC (Dr. Dmyang Paik), 2858 San Bruno Ave., 467-7500
- NOTARY**
 - ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900
- ORGANIZATIONS**
 - ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
 - GENEVA TERRACE PROPERTY OWNER ASSOCIATION, 60 Burr Ave., 584-2700
 - GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwerin St., 584-4044
 - JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
 - LELAND HOUSE, 141 Leland Ave., 405-2000
 - ROCK (Read Options for City Kids), 590 Leland Ave., 333-4001
 - VISITACION VALLEY SENIOR CENTER, 65 Raymond Ave., 467-4499
- PHARMACY**
 - VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
- PHOTOGRAPHER**
 - WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
- PLUMBING**
 - MARK VOELKER PLUMBING, 99 Ariete Ave., 467-7401
- POST OFFICE**
 - VISITACION USPO, 68 Leland Ave., (800) 275-8777

- REAL ESTATE**
 - Cathy Mine Saunders, (Zephyr Real Estate), 215 West Portal Ave. 731-5011 ex. 163
- RESTAURANTS**
 - CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd., 330-0736, Fax 330-9813
 - 4 EVERYDAY PEOPLE, 107 Leland Ave., 308-5673
 - G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
 - SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
 - LUAN FAT BAKERY, 110 Leland Ave., 585-1167
 - RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
 - SHREK'S SOUL FOOD, 107 Leland Ave., 239-5141
 - TWO JACKS RESTAURANT, 167 Leland Ave., 337-0433
 - Y & G RESTAURANT, 73 Leland Ave., 469-5666
- SCULPTOR**
 - CARTO ORIGINALS (Mikal Cartor), 2 Hahn St., 239-4138
- SELF-DEVELOPMENT**
 - DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
- SERVICE PROVIDERS**
 - THE VILLAGE, 333 Schwerin St., 239-5045
 - VISITACION VALLEY YOUNG ADULT EDUCATION SUPPORTIVE SERVICES & TRAINING (VMAESST), 120 Leland Ave., 586-7347
 - VISITACION VALLEY COMMUNITY CENTER (VVCC), 50 Raymond Ave., 467-6400
 - VVCC FAMILY & COMMUNITY SERVICES CENTER, 161 Leland Ave., 586-6998, Fax 586-8027
 - VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwerin St., 239-2866
- SIGNS**
 - SMITH'S SIGNS, 153 Leland Ave., 333-2700
- TAVERN**
 - THE CLUB HOUSE, 25 Blanken Ave.
- TELEPHONE**
 - O & A WIRELESS, 78 Leland Ave., 452-4139
- VARIETY**
 - GOLDEN 99 CENTS ZONE, 5-7 Leland Ave., 333-3923
- VIDEO**
 - No. 1 VIDEO RENTAL, 144 Leland Ave., 586-1038

Ten Tips to Save Cash on Gasoline

The average nationwide price for a gallon of gasoline nudged up 0.4 of a cent to \$1.746, the fourth consecutive daily record, according to motorists organization AAA.

While Americans may be feeling the effects of spiraling gasoline prices, they are not powerless in controlling their fuel costs.

"There's a wide range of fuel-saving tactics that can help drivers get more miles from a tank of gas," according to Joel Burrows, better known as *The Car Doctor* from Precision Tune Auto Care. "If motorists adjust their driving habits and observe some simple car care techniques, they could make a significant impact on how much fuel they waste, and that translates into substantial money savings."

To drive this point home, *The Car Doctor* provides these tips:

*Keep tires properly inflated (recommended air pressure is posted on the driver's door or in the glove compartment). Under inflated tires cause drag; over inflation causes improper tire to road contact. Both conditions will result in abnormal wear.

*Plan your day. Limit trips by running all errands at the same time or on your way to or from work.

*Have a certified technician perform an engine and emissions analysis to ensure that the engine is running at maximum efficiency.

*Avoid making quick starts or stops.

To avoid jamming on brakes, stay a good distance from the car in front of you. When possible, slow down simply by taking your foot off the gas.

*Maintain steady speeds; use cruise control on the open road.

*Do not use your air conditioner when driving in the city if you are in a warm climate. Do use your air conditioner on the open road rather than keeping windows open. (Open windows create wind drag, straining the engine).

*Use proper octane fuel. Higher-octane gas, which produces less energy, not only costs more, it also yields lower miles per gallon.

*Don't let the engine idle more than a minute or two. This is extremely important on cold morning start-ups.

*Today's vehicles run on a fine film of fluids. Make sure you service all fluids on a regular basis and in accordance with the manufacturer's recommendations. Engine oil level should be checked at every fill-up.

*Use over-drive gear for highway driving.

Precision Tune Auto Care has been a pioneer for more than 25 years in advanced diagnostic training and development, and is the one stop shop for scheduled maintenance, service and repairs for autos, SUV's and Minivans. Servicing 2.5 million vehicles each year, PTAC operates more than 440 state-of-the-art professional service facilities throughout the world and is a leader in educating the driving public on the importance of car care for personal safety and the health of the environment.

Proposed Law Would Crack Down on Distracted Driving

AAA of Northern California is sponsoring Senate Bill 1800, a new law that would crack down on distracted driving. The measure would allow law enforcement to write you a ticket for dangerous driving caused by a distracting activity.

First offenders would face a ticket of about \$130. Repeat violations within two years would carry a fine of about \$510.

The National Highway Traffic Safety Administration (NHTSA), reports that up to 30 percent of crashes involve driver inattention, including distraction. A recent study done by the AAA Foundation for Traffic Safety found that drivers engage in distracting activity nearly a third of the time their vehicles are moving. The California Highway Patrol, in a recent study, recommended amending current law to address distracted driving.

The proposed law has safeguards to protect drivers. Law enforcement officers would be prohibited from stopping a vehicle when a driver is engaged in a distracting activity unless the vehicle is being driven in an unsafe manner.

"No one is saying you can't have a conversation or change radio stations while you're driving," said Sean Conney, spokesman for AAA of Northern California. "The message underscored by this new law is that we all need to recognize what distracts us when we're behind the wheel so that we can avoid those activities."

AAA believes California should address the overall issue of distracted driving, rather than singling out one distraction. In 2001, the state of New York banned the use of hand-held cellular telephones while driving. A recent Insurance Institute of Highway Safety study showed that the law did not have a significant impact in the problem.

"[SB 1800] is a comprehensive approach that will get at the real issue of dangerous drivers on California's highways," said Senator Kevin Murray (D-Los Angeles), author of the proposed new law.

U.S. Leads the World in Traffic Deaths

The United States leads the world in the percentage of road deaths and injuries to passenger car occupants compared to other road users, according to a AAA analysis of data released Apr. 7 by the Pan American Health Organization (PAHO).

According to AAA, 80 percent of all traffic deaths and injuries occur in passenger cars. Injuries and deaths involving pedestrians account for approximately 13 percent, motorized two-wheelers five percent and bicyclists less than two percent.

The U.S. data is in striking contrast to data from less motorized, low-to-middle income countries such as India where car occupants suffer only five percent of traffic injuries, pedestrians more than 40 percent, occupants of motorized two-wheelers 25 percent and bicyclists approximately 15 percent.

The findings are part of the World Report on Road Traffic Injury Prevention released today in Washington, D.C. by PAHO, the American branch of the World Health Organization (WHO), at a national kick-off event to commemorate World Health Day. The theme for World Health Day 2004 is Road Safety. It marks the first time in the WHO's 56-year history that motor vehicle crashes have been high-

"This bill works to eliminate all distractions, not just one device."

The proposed new law provides an exemption for emergency personnel, driving in emergency vehicles, when using a cellular telephone or other electronic device for work-related purposes.

Driving Distractions included in SB 1800 include: use of a cell phone; use of an electronic device, including personal digital assistant; adjusting entertainment system controls; eating or drinking; grooming, such as applying makeup, brushing hair, smoking; reading or writing; and interaction with passengers.

lighted as a health risk.

"We can do something about the carnage on our highways," said Sean Conney, spokesman for AAA of Northern California. "We all need to work together so that when we send our loved ones onto the road, we can expect they will come home safely."

Vehicle occupants are the largest group of road users affected by traffic injuries in the United States and other highly motorized countries, so AAA is focusing on occupant protection as part of World Health Day. AAA reminds motorists that buckling up is one of the most important steps they can take to protect their health.

More than 42,000 people are killed in motor vehicle crashes every year in the United States. According to the National Highway Traffic Safety Administration, the economic impact of these crashes cost the U.S. more the \$230 billion in 2000, the most recent year in which statistics were available. The cost in California for the same year was more than \$20 billion.

"The statistics hardly begin to tell the story," said Conney. "How could you possibly calculate the impact of the loss of a parent, the death of a child, or a friend who is left permanently disabled?"

Handicapped Center Changes Name to Honor Pioneering Founder

Recreation Center for the Handicapped, a 52-year-old San Francisco non-profit organization dedicated to helping people with disabilities, is changing its name to honor its founder and renaming the institution *The Janet Pomeroy Center*.

A new logo will be unveiled and the announcement made official at a 20th annual *Barrier of Love* event

taking place at 6 p.m. on Wednesday, May 12. At the Center, adjacent to the San Francisco Zoo.

Founder Janet Pomeroy began her work with RCH Inc. in 1952, because at the time there was no place in San Francisco for people with disabilities to go to play, learn and be among peers. Pomeroy created RCH (Recreation Center for the Handicapped)

by recruiting two volunteers to help provide recreational programs to six teens in one room in the old Fleishacker Pool Building in San Francisco. Today, The Janet Pomeroy Center provides recreational and vocational opportunities to more than 2,000 individuals a week in San Francisco and Marin Counties.

Family/Community Services Center

Visitacion Valley Community Center, Inc.



**Classes at
Visitacion Valley Community Center,
50 Raymond (Ceramic Room)**

**Parenting Education Class
Every Monday, 5:30-7 p.m.
Intake at 5 p.m., Counseling Room**

**Men's Support Group: (52 Weeks)
Every Tuesday & Thursday, 6-8 p.m.**

**Women's Support Group: (52 Weeks)
Every Wednesday, 6-8 p.m.**

**For more information,
please contact the following
staff members at (415) 586-6998:
Meriam T. Abalos, FCSC Coordinator
Marianna Y. Chan, Marichelle Pecson
Michelle Lau, MSW
Lateka Hampton, Joanna Wong**

Open:

**Monday and Friday: 9 a.m. - 4:30 p.m.
Tuesday, Wednesday, Thursday: 9 a.m. - 7 p.m.
Saturday: 9 a.m. - 3:30 p.m.**

**Financial Literacy Workshop, Friday, May 21
5:30-6:30 p.m. at 50 Raymond Ave. (Ballroom)**

Dinner will be provided!

**Parent's Advisory Council/Community Meeting
Friday, May 7, 5:30-6:30 p.m. at 325 Leland Ave.**

Dinner and Childcare will be provided!

**Cantonese Kinship Grandparents Support Group
Friday, May 7, 14, 21 and 28, 1:30-4 p.m.
at 50 Raymond Ave. (Ballroom)**

Refreshments and Childcare will be provided!

**Parent's Support Group, Saturday, May 22,
10:30-11:30 a.m. at 161 Leland Ave.**

Lunch and Childcare will be provided!

**Meet and Eat in the Community: Activities
Cognitive & Motor Development
Thursday, May 27, 5:30-7 p.m.
at 245 Rey St. (Heritage Homes Childcare Center)**

Dinner will be provided!

**Free Grocery Pantry Distribution from 12:30 to 2:15 p.m.,
Saturdays, May 1, 8, 15, 22 and 29 at 161 Leland Ave.
Pre-registration required prior Monday through Thursday (9:30 a.m. to 4:30 p.m.)**

161 Leland Avenue

(415) 586-6998 Fax 586-8027